

Performance Assessment Task

Unit 4: Wellness, Fitness, and First Aid

Choosing the Right Exercise Program for You [U4C1L1]

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

Develop a personal exercise program



Directions

For this performance assessment task, you will create an exercise program for yourself. For this assessment you will:

1. Create a weekly schedule for exercise that you will follow for the next few weeks. Your exercise program should include all four types of exercise: aerobic, anaerobic, isometric, and isotonic.
2. Use the attached scoring guide criteria for what you need to do to complete this task.
3. Submit your completed performance assessment task and scoring guide to your instructor for evaluation and a grade.

RECOMMENDATION: It is recommended that you add this performance assessment task to your Cadet Portfolio.

Choosing the Right Exercise Program for You Performance Assessment Task Scoring Guide

<i>Criteria</i>	<i>Ratings</i>	
1. Your program includes 5-7 minutes of warm-up/stretching exercises for each day of exercise	met	not met
2. Your program includes 20 minutes of endurance exercise each day	met	not met
3. Your program includes weekly aerobic, anaerobic, isometric, and isotonic exercise	met	not met
4. Your program includes strength training that does not work the same muscles on consecutive days	met	not met
5. Your program includes 4-6 minutes of cool-down exercise for each day of exercise	met	not met
6. Your program is realistic for your current condition	met	not met
7. Your program is formatted so you can log your daily exercise activity	met	not met
8. You describe at least three tips that will help you follow the program	met	not met

Comments:

Name: _____ ***Date:*** _____

Evaluator's Signature: _____ ***Date:*** _____